

Is Your Child Depressed?



Even young children can be depressed. All children experience sadness or mood swings from time to time. If your child acts this way for 2 weeks or more, he/she could be suffering from depression. Self-esteem, schoolwork, and relationships could be affected. If you suspect your child is depressed, telling him/her to “cheer up” or “snap out of it” will not help. Ask yourself if your child is:

- **Crying more often than in the past?**
- **Complaining about feeling sad or empty inside?**
- **Saying that things seem hopeless when they don’t go their way?**
- **Having trouble sleeping?**
- **Expressing vague physical complaints like stomach aches?**
- **No longer interested in favorite activities?**
- **Spending more time alone, away from family and friends?**
- **Gaining or losing too much weight?**
- **Looking or acting more worn out or tired than usual?**
- **Talking about hurting him/herself?**

If you answered YES to several of these questions, talk to your child’s health care provider. He/she can rule out medical conditions that might be causing these symptoms. Your child can then be assessed and treated, if needed.



For more Fact Sheets please go to www.ParentHelpNH.org

Children’s Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org